



STAR/PAL Overview

STAR/PAL brings youth & law enforcement together today...to build safer communities tomorrow.

STAR/PAL (Sports Training, Academics, Recreation/Police Athletic League) is a nonprofit organization that provides over 10,000 youth services annually in inner-city neighborhoods throughout the city and county of San Diego. STAR/PAL offers free educational, athletic, and recreational programs which focus on promoting youth safety, positive life choices, and academic success. STAR/PAL program directors are officers from the San Diego Police & County Probation Departments. These dedicated officers coordinate unique programs for underserved youth, with the assistance of additional law enforcement and community volunteers. By bringing youth and law enforcement officers together in this manner, STAR/PAL helps build safer communities in the future.

OUR MISSION

The mission of STAR/PAL is to empower underserved youth to build a safer and more prosperous community by engaging with law enforcement and collaborative partners.

STAR/PAL OBJECTIVES

- Promote youth safety through crime & violence prevention education
- Cultivate youth empowerment through civic engagement & enrichment activities
- Offer youth programming in underserved communities

STAR/PAL HISTORY

Initially two separate entities, the San Diego PAL Chapter was founded in 1988 and primarily served county areas whereas the STAR organization came into existence in 1993 to focus its programmatic efforts within city boundaries. The two organizations merged in April of 1998, representing the alignment of city, county, and community efforts. The unification of programs, staff, volunteers, and the Board of Directors sought to ensure that all youth in the region have similar opportunities to participate and reap the benefits of youth programming with law enforcement officers, firefighters and community leaders. All STAR/PAL Program Directors are law enforcement officers who educate youth about the dangers of juvenile crime and violence.

THE STAR/PAL FACILITY

STAR/PAL's organizational infrastructure and programmatic focus exemplify police and community collaboration. By having built its facility in Colina Del Sol Park surrounded by five neighborhood schools in City Heights, STAR/PAL offers a sense of safety to hundreds of youth who walk to and from school. Through a wide array of on-site and off-site youth programs, STAR/PAL promotes crime prevention, community building, and leadership development, all under the tutelage of police and probation officers. By having law enforcement personnel available to deter and address juvenile crime activity ranging from truancy and graffiti to gang activity and assaults, STAR/PAL has provided a resource for all youth and families that want to safely enjoy their community park.

STAR/PAL CONTACT INFORMATION

Address: 4110 54th St. (located in Colina Del Sol Park), San Diego, CA 92105

Phone: 619-531-2718; **Fax:** 619-531-2718; **Website:** www.starpal.org



STAR/PAL Program Information

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STAR/PAL's Youth Center

During the school year, hundreds of youth walk through Colina Del Sol Park in East City Heights to five surrounding schools. STAR/PAL built its facility in this community park (which had historically been plagued with crime issues) in order to provide a safe haven as well as offer free after-school programming to neighborhood youth. All STAR/PAL Program Directors are law enforcement officers who make themselves available to work with youth center participants, who are between 9 and 14 years of age.



In partnership with local universities, STAR/PAL facilitates having college students tutor these youth at the center, enabling them to better their academic performance while developing positive relationships with role models. Additional programs at the center focus on fitness/sports, developing effective communication skills, and crime prevention education. During school breaks, STAR/PAL's Youth Center provides a variety of field trips and activities which are designed to expose youth to new opportunities and educational experiences. *For more information regarding the STAR/PAL Youth Center, please contact Aalke Heuvelman at aheuvelman@starpal.org or 619-533-5794.*

Educational Programs



Mentoring: Students from a local City Heights elementary school are matched with active and retired law enforcement officers along with other screened volunteers for the STAR/PAL Mentoring Program. During this year-long program, mentors volunteer on a weekly basis to assist with homework and educational tutoring, as well as provide guidance for life challenges. Youth participants also experience educational and recreational field trips with their mentors throughout the year. *For more information regarding the STAR/PAL Mentoring Program, please contact*

Aalke Heuvelman at aheuvelman@starpal.org or 619-533-5794.



Crime Prevention Presentations: STAR/PAL officers provide many presentations during the school year in partnership with San Diego Unified School District. The subject matter of these presentations focus on teaching students ways to prevent bullying, using drugs & alcohol, gang violence, juvenile incarceration, as well as sexual assault. *For more information, please call 619-531-2718.*

GirL-E, Leadership & Empowerment: STAR/PAL offers a 6-week curriculum for high school age girls, including those at risk of entering the juvenile justice system. Through this program, teen female participants are able to openly discuss issues related to self-esteem, healthy relationships & choices, nutrition, sexual assault prevention, as well as goal-setting. GirL-E runs throughout the year at a variety of sites. *For more information regarding the GirL-E program, please contact Officer Lanae Gutierrez at lanae.gutierrez@sdcounty.ca.gov or 619-531-2491.*

KIDZWATCH Academies: This program is offered at elementary school sites, to teach children about “Stranger Danger”, fire safety, emergency procedures, internet safety, juvenile law, and more. *For schools requesting more information regarding KIDZWATCH, please contact Officer Tom Miller at tmiller@pd.sandiego.gov or 619-531-2721.*

Teen-LEAP (Leadership, Empowerment, Awareness Program): This 20-session program encourages middle-school students to be effective leaders within their schools and communities. By engaging teens in new experiences which give them the tools to be leaders, the program promotes awareness about community issues as well as civic involvement to address them. Teen-LEAP is offered year-round. *For schools requesting more information regarding TeenLEAP, please contact Officer Carlos Amezcua at camezcua@pd.sandiego.gov or 619-531-1501.*

Kids, Cops & Cameras: This program offers GirL-E and Teen-LEAP participants the opportunity to join professional photographers, law enforcement officers, and volunteers to learn about the art of photography and journalism. Youth are motivated to make positive choices in their community through discussions about creating beauty and combating blight in San Diego, which they capture through the lens of their cameras. *For more information regarding Kids, Cops & Cameras, please contact Officer Lanae Gutierrez at lanae.gutierrez@sdcounty.ca.gov or 619-531-2491.*

InterACTion, A Law Enforcement & Theatre Program: This 10-session program brings law enforcement officers and teaching artists from the La Jolla Playhouse together inside the classroom of local high schools. This curriculum was designed to assist students to learn the necessary tools to make positive life choices, using theater to express their thoughts and emotions about the challenges they may face in their community. InterACTion is offered during the Fall and Spring. *For schools requesting more information regarding InterACTion, please contact Officer Edwin Garrette at egarrette@pd.sandiego.gov or 619-531-2688.*



Athletic Programs



Jr. Chargers Training Camps: Hundreds of youth learn the basics of football and a healthy lifestyle through exercise and following academic goals



in partnership with the San Diego Chargers. Camps are held in the late Summer and Fall months. *For more information regarding Jr. Chargers Training Camps, please contact Officer Edwin Garrette at egarrette@pd.sandiego.gov or 619-531-2688.*

Fundamental Skills Camp: This week long camp will take place during the summer for selected 7th grade students from local City Heights middle schools. Youth gain basic fundamental skills training for soccer, swimming, fishing, baseball, and basketball while STAR/PAL officers work with youth on character development and the benefits of teamwork. *For City Heights middle schools requesting more information, please contact Denise Mills at drmills@pd.sandiego.gov or 619-533-5795.*

San Diego Padres Baseball Camps: STAR/PAL teams up with the San Diego Padres to offer hundreds of boys and girls the opportunity to learn the basics of playing baseball as well as attend a Padres game at Petco Park, often for the first time! These camps are offered at different local park & recreation centers and school sites throughout San Diego County in the Spring & Summer. *For more information regarding these camps, please contact Officer Edwin Garrette at egarrette@pd.sandiego.gov or 619-531-2688.*



Summer Golf: In partnership with Pro-Kids Golf Academy, STAR/PAL and law enforcement volunteers coordinate summer outing to local golf courses with youth participants selected by Pro-Kids staff. This program is incorporated into the Pro-Kids Golf curriculum and provides youth with golfing instructions and mentoring. *For more information, please contact Officer Tom Miller at tmiller@pd.sandiego.gov or 619-531-2721.*

Recreational Programs

Field Trips for Kids: Throughout the year, STAR/PAL receives thousands of tickets for inner-city youth to experience sporting events, theater productions, museums, and much more! Thanks to Ticketmaster San Diego for their partnership and years of support with the “Tickets for Kids” program, as well as the Union Tribune, SDSU, California Police Youth Charities, Hall of Champions, and many other charitable organizations, STAR/PAL has been able to provide thousands of youth with opportunities otherwise not afforded to them. *For organizations or schools requesting more information, please contact Officer Lanae Gutierrez at lanea.gutierrez@sdcounty.ca.gov or 619-531-2491.*

Lake Fishing: STAR/PAL’s Fishing Derby is held annually in June and invites 300 youth from local City Heights schools to go fishing at their neighborhood lake. All participants receive Junior Fishing Licenses, event t-shirts, a BBQ lunch (cooked up courtesy of local firefighters), and fishing poles to take home after their day at Chollas Lake. Volunteers for this event include San Diego law enforcement officers, firefighters, San Diego Fish & Game, and the San Diego Fly Fishers Group. This event strives to introduce hundreds of youth to local resources to encourage future involvement in outdoor enrichment activities. *For schools requesting more information, please contact Officer Tom Miller at tmiller@pd.sandiego.gov or 619-531-2721.*





Outdoor Excursions: STAR/PAL offers year-round outdoor excursions for underserved youth, which includes activities such as sailing, hiking, surfing, and kayaking. Youth are taken on half-day excursions to locations throughout San Diego County, exposing them to new outdoor activities and environments while teaching them about safety precautions. These events are made possible with the help of our dedicated community and law enforcement volunteers (both retired and active duty). *For organizations and schools interested in more information, please contact Officer Lanae Gutierrez at lanea.gutierrez@sdcounty.ca.gov or 619-531-2491.*

Holiday Programs

Shop With A Cop: STAR/PAL participates in the annual “Shop With A Cop” event in December, selecting 300 youth participants from schools throughout the county. Underserved youth are partnered with law enforcement officers and treated to breakfast as well as a private animal show at SeaWorld. A child then rides along with his/her partnered law enforcement officer in a police car with lights & sirens announcing their arrival at Target for a \$100 shopping trip. More than 300 law enforcement officers participate representing nearly 30 different agencies in San Diego County. Not only does Shop With A Cop provide holiday gifts for less fortunate youth, but also a positive interaction with local law enforcement officers. *For more information, please visit www.shopwithacopsandiego.com.*



“The Grinch” Production: Thanks to the Old Globe Theater in Balboa Park, STAR/PAL coordinates this event with 600 inner-city elementary students so they can enjoy this amazing theatrical experience during the holiday months. *For Title I schools requesting more information, please contact Officer Carlos Amezcua at camezcua@pd.sandiego.gov or 619-531-1501.*

Toy Drives: STAR/PAL partners with the Mid-City Division of the San Diego Police Department, the San Diego Unified School District Police Department, community, and generous sponsors like Toys for Tots and Starbucks who help coordinate annual toy drives around the community during the holiday months. STAR/PAL then provides needy families (who are referred by law enforcement officers), with these toys to spread some holiday cheer. *For more information about these toy drives, please contact Officer Lanae Gutierrez at lanea.gutierrez@sdcounty.ca.gov or 619-531-2491.*

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